



# August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			8:30 Sit & Be Fit 9:15 Cardio Combo 11:00 Dulcimer 1:100 Line Dancing	9:00 Music Group 9:00 Bible Study 9:00 Pickleball @ Shiloh Park 10:30 Hand & Foot 12:00 Dominoes
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Line Dancing 1:00 Beginner Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 9:30 Vet to Vet Cafe 10:10 Beginner Yoga 11:00 Dulimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 9:00 Pickleball @ Shiloh Oark 10:30 Hand & Foot 12:00 Dominoes
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 BINGO with The Orchard 1:00 Beginner Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 NEW SESSION Matter of Balance – A Fall Prevention Workshop 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 9:00 Pickleball @ Shiloh Park 10:30 Hand & Foot 12:00 Dominoes
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Beginner Bridge 1:00 Line Dancing	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 11:30 Happy Senior Citizen Day Pizza Party 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Matter of Balance – A Fall Prevention Workshop 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 9:00 Pickleball @ Shiloh Park 10:30 Hand & Foot 11:30 Luncheon \$10 12:00 Dominoes
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Beginner Bridge 1:00 Movie Monday	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 11:00 Spanish I 12:00 Intro. to Spanish 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 11:30 Lunch & Learn with The MIND Center 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Matter of Balance – A Fall Prevention Workshop 11:00 Dulcimer 1:00 Line Dancing 2:00 Book Club	9:00 Music Group 9:00 Bible Study 9:00 Pickleball @ Shiloh Park 10:30 Hand & Foot 12:00 Dominoes

•Purple - RSVP Required •Blue - Fitness Classes •Red - Fee Required

## Fitness Class Descriptions

<b>Sit &amp; Be Fit</b> (Beginner) 45 min	Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, cardio health, and muscle endurance. (45 min)
<b>Cardio Combo!</b> (Beg/Intermediate) 45 min	Low impact standing cardio exercise for improved heart health, coordination, and balance. Class includes standing cardio and seated strength training. (45 min)
<b>Beginner Yoga</b>	Yoga exercises are performed in a series of graceful, rhythmic, slow-motion movements with a brief “holding period” for certain positions while on a mat.
<b>Tai Chi</b> (Beginner) 45 min	A graceful form of exercise used for stress reduction and a variety of other health conditions. A series of movements performed in a slow, focused manner, accompanied by deep breathing.

## Activities

<b>Lessons of Art Art &amp; Friends</b>	Join our instructor to learn the fundamentals of art and then come and enjoy time with friends that share in their love of art. Bring your own projects and supplies.
<b>Bible Study</b>	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson. Led by Barbara Martin.
<b>Book Club</b>	<i>The Frozen River</i> by Ariel Lawhon
<b>Bridge</b>	We have three Bridge groups active: Experienced Bridge Players, Beginner Bridge Players and Learn to Play Bridge. Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.
<b>Hand and Foot Dominoes</b>	All cards and games are open to all levels. If you are not sure how to play, come and sit alongside an experienced player to learn.
<b>Dulcimer</b>	The Dulcimer is a fretted stringed instrument with 3 or 4 strings that is played by strumming as it sits in your lap. Beginner or experienced Dulcimer players welcome.
<b>Introduction to Spanish</b>	New addition to the calendar! You will learn the very basics of the Spanish language such as pronunciation and grammar and practical vocabulary. And when you're ready, you can graduate to Spanish I & II!!!
<b>Line Dancing</b>	Dance classes are led by a dance instructor. Choreography is broken down and taught and then applied to music.
<b>Luncheon</b>	You do not want to miss this luncheon! The Sassy Steppers will be here to perform!! Come enjoy the show and fellowship with friends!
<b>Lunch &amp; Learn</b>	Alana Miles with the MIND Center at UMMC will be here to share some information about the latest Dementia and Alzheimer's research and caregiver support resources that they provide.
<b>Matter of Balance – A Fall Prevention Workshop</b>	<b>NEW SESSION ALERT!</b> This is an 8 week workshop. Participants will meet once a week. MOB is a evidence-based program designed to reduce the fear of falling, stop the fear of falling cycle, and increase activity levels. Because most falls occur during routine activities, MOB focuses on participants' day to day concerns.
<b>Movie Monday Hillbilly Elegy</b>	<b>A Yale Law student reflects on his family's history and his own future after returning to his Appalachian hometown.</b>
<b>Music Group</b>	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
<b>Pizza Pary</b>	Happy Senior Citizen Day! Our friends with Traditions Health will be here with yummy pizza to help us celebrate!
<b>Vet to Vet Cafe</b>	Are you a veteran? Or the spouse of a Veteran? Please join us for the Vet to Vet Café! The Vet to Vet Café will meet the 2 <sup>nd</sup> Thursday of each month at 9:30am. Breakfast will be served.